

CABBAGE

Stove Top Casserole

Ingredients:

1 Tablespoon vegetable oil
1 small coarsely chopped onion
4 medium peeled and sliced (¼ inch thick) potatoes
1½ cups chicken stock
2 cups shredded green cabbage
1 cup Swiss cheese, shredded
¼ cup chopped nuts

Instructions:

1. Heat oil in large skillet or Dutch oven. Add onions and stir over medium heat until golden.
2. Add potatoes and chicken stock. Cover tightly, reduce heat to low and simmer until potatoes are almost tender.
3. Add cabbage, cover and simmer for another 5 minutes.
4. Remove cover, sprinkle with cheese and nuts.
5. Let stand just until cheese is melted, about 2 minutes.

Makes 5 servings

Source: USDA Recipe Finder

Abundant and inexpensive, **cabbage** is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world.

Cabbage belongs to the Cruciferae family of vegetables, along with broccoli, collards, kale, and Brussels sprouts. It is typically round and is made up of leafy layers. Cabbage is an excellent source of antioxidants and vitamins K and C. It is also a good source of fiber, manganese, folate, vitamin B₆, potassium, and omega-3 fatty acids. While served year round, it is enjoyed best during the late fall and early winter. This delicious vegetable is also low in calories: 1 cup of chopped cabbage provides only 28 calories.

When choosing a cabbage, look for heads that are firm and dense with shiny, colorful leaves. Watch out for heads that are bruised or cracked or have more than a few loose leaves. Once bought, keep your cabbage whole and cold. After using a portion of the cabbage for meal preparation, be sure to wrap what's left tightly in plastic wrap and keep it cold. This will slow the loss of vitamin C.

Get your kids involved in growing this easy-to-grow vegetable. They will enjoy seeing the green, red, and Savoy types grow. Help them grow their cabbage in their own veggie pots or around the edge of the patio. You can then encourage them to try their home-grown vegetable in a variety of dishes!

Fun Facts:

Did you know that sauerkraut is a dish made from fermented cabbage and that Dutch sailors used to eat it on long journeys to prevent scurvy?

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"Growing a Healthier You, Nutrition from the Farm to Your Table" is available at www.cnpp.usda.gov/knowyourfarmer.htm.
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